

2011 through 2012

Albuquerque & Bernalillo County

QUICK GUIDE

to Senior Services

Mayor Richard J. Berry



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



Sponsored by

Lovelace
Medicare Plan

CITY OF ALBUQUERQUE

Office of the Mayor

September 2011



Richard J. Berry, Mayor

Dear Friends:

The City of Albuquerque is pleased to partner once again with the Lovelace Medicare Plan to bring you the 2011-2012 Quick Guide to Senior Services. The newest Quick Guide to Senior Services continues to provide helpful information about the wide variety of services and resources available in our community to support our seniors and their caregivers.



Take some time to review the entries from Benefits and Assistance Programs to get help you may need to Transportation services to get you where you need to go. You'll find the Quick Guide to Senior Services can be your "Go to Guide" for information about resources and services in the Albuquerque area.

We also invite you to contact our Department of Senior Affairs Senior Information Line at (505-764-6400), visit us at www.cabq.gov/seniors or send us your messages at seniorinformation@cabq.gov.

With warmest regards for quality senior living,

Mayor Richard J. Berry
City of Albuquerque

Jorja Armijo-Brasher, Director
Department of Senior Affairs



CITY OF ALBUQUERQUE

DEPARTMENT OF

Mayor Richard J. Berry



BERNALILLO COUNTY

SENIOR AFFAIRS

Jorja Armijo-Brasher, Director



Senior Information... *Linking Seniors and Services Together*

505-764-6400

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CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



714 Seventh Street SW
Albuquerque, New Mexico 87102
www.cabq.gov/seniors
Fax: (505) 764-6455; TTY (505) 764-6405
(505) 764-6400

SERVICES AND OPPORTUNITIES

Senior Information Line (505) 764-6400

- * **Information, referrals, and assistance on senior concerns/issues.**
- * **Linkages to senior services and to other community resources.**

Recreation

- Breakfast and Lunch
- Recreation and Learning
- 4 Sports and Fitness Ctrs & Programs
- 6 Senior Centers
- 1 Multigenerational Center
- Planet 50+ Activities

Senior Social Services

- Care Coordination
- Home Chores, Repair, Retrofit
- Caregiver Connections
- Senior Information Line

Volunteer Programs

- Retired & Senior Volunteer Program (R.S.V.P.)
- Foster Grandparent Program
- Senior Companion Program

Transportation/Nutrition

- Home-Delivered Meals
- Satellite Senior Centers
 - Recreation
 - Lunch
- Transportation

The information in this *Quick Guide to Senior Services* is correct, to the best of our knowledge, as of April 2011. Inclusion of a service does not imply endorsement, nor does exclusion reflect on the quality of service.

The Department of Senior Affairs requests contributions to offset expenses for some services and materials: meals, exercise classes, transportation, and Home Chores, Home Repair, and Home Retrofit services. No one will be denied services if he/she chooses not to contribute.

INFORMATION

Department of Senior Affairs – DSA Senior Information, 714 Seventh SW764-6400
Information & referral to community services for Bernalillo County residents aged 60+,
caregivers, and service providers.

Ask United Way – Albuquerque, 2340 Alamo Ave SE,Main: 247-3671
2nd Floor, M-F, 8 a.m. – 5 p.m.Info & Referral: 211 or 245-1735

AARP Information Center – Albuquerque, 1930 Juan Tabo Blvd NE, Ste J, 87112830-3096
M-F, 10 a.m. – 4 p.m.

Eldercare Locator, Monday–Friday, 9 a.m. – 8 p.m., Eastern Time1-800-677-1116
.www.eldercare.gov

Information Center for New Mexicans with DisabilitiesTTY 505-272-0321
.1-800-552-8195

Information resources for New Mexico seniors outside Bernalillo County:
New Mexico Aging & Long Term Services Dept.www.nmaging.state.nm.us
Santa Fe (Aging & Disability Resource Center)1-800-432-2080
Albuquerque222-4500 or 1-866-842-9230

Sandoval County Senior Program,867-7535
711 Camino del Pueblo, (Mail: P.O. Box 40, Bernalillo 87004)

Torrance County Senior Office832-0332
809 South 1st Street (Mail to: P.O. Box 177, Moriarity 87035)
Providing public transportation and handicap accessible vehicles

Valencia County Older American Program,864-6739 or 864-2663
715-A South Main, Belen 87002

EMERGENCY

Emergency911 **Albq Citizens Contact Center**
For City Wide Information311
(Mon.-Sat. 6a.m - 9p.m.)

Non-Emergency
City Police242-2677 **City Fire/Rescue833-7397**
Sheriff's Department798-7000 **County Fire Department/Rescue . .798-7000**

Adult Abuse, Neglect and Exploitation (24/7)*1-866-654-3219

Agora Help-line277-3013 or 1-866-HELP-1-NM
Crisis and non-crisis. All-issues, free, confidential listening service. Free resource referrals.

Albuquerque Ambulance (24/7)*761-8200

Albuquerque Rape Crisis Center (24/7)*266-7711 or 1-888-811-8282

Shelter from Domestic Violence, Suicide Crisis Line (24/7)*272-2920

The Safe House (24/7)*Statewide 1-800-773-3645 or Albuquerque 247-4219

New Mexico Poison/Drug Information (24/7)*1-800-222-1222

Utility Emergencies (24/7)* Electricity. . .246-5700; Gas. . .246-7300; Water. . .857-8250

**(24/7) = 24 hours per day, 7 days per week.*

BENEFITS AND ASSISTANCE PROGRAMS

Medicare and Related Programs

Benefits Counseling – Bernalillo County Regional Office 1-800-432-2080 or 265-1244

The statewide HIBAC benefits counseling program provides information, assistance, and counseling relating to Medicare, Medicaid, supplemental health insurance, and other benefits programs.

Medicare Information 1-800-633-4227

Provides information about enrollment, replacement cards, change of address, www.medicare.gov plan choices, billing questions, Medicare approved discount cards, Medicaid & more.

New Mexico Medical Review Association (NMMRA) 998-9898 or 1-800-663-6351

Medicare Quality Improvement Organization (QIO) reviews concerns from Medicare patients & their families about early discharge & quality of medical care received under Medicare.

Senior Medicare Patrol (SMP), N.M. Aging & Long Term Services Dept 1-800-432-2080

Educates Medicare and Medicaid beneficiaries on ways to protect Medicare and Medicaid funding. Responds to concerns about providers who perhaps have committed fraud against Medicare and Medicaid. Free counseling services for beneficiaries regarding Medicare & Medicaid billing.

Social Security Eligibility and Applications, 1-800-772-1213 (Toll Free)

The Social Security Administration www.socialsecurity.gov

New Mexico Human Services Department Income Support Division (ISD) www.state.nm.us/hsd

Northeast: 4330 Cutler NE 222-9600

for residents east of San Mateo & north of Central

Northwest: 1041 Lamberton Place NE 841-7700

for residents west of San Mateo & north of Central

Southeast: 1711 Randolph Rd SE 383-2600

for residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge SW 841-2300

for residents west of the river & south of I-40, including Isleta Pueblo

EBT Card/SNAP, formally Food Stamps – Eligibility information at your nearest area office.
(See addresses/phone #s listed above.)

Medicaid (Institutional)

Coverage for high or low level nursing home care, other medical expenses and Medicare Part B premium. Must qualify medically and financially. (See addresses/phone #s listed above.)

Medicaid (Non-Institutional) 1-800-772-1213 (Toll Free)

Financial aid with medical expenses for persons receiving SSI or TANF. Covers medical bills and Medicare Part B premium. Aged (65+), blind and/or disabled must first apply for Supplemental Security Income (SSI) at the Social Security Administration.

QMB – (Qualified Medicare Beneficiaries)

Assistance with Medicare co-insurance, Medicare deductible and Medicare Part B premium for low income Medicare beneficiaries. (See addresses/phone #s listed above.)

SLIMB – (Specified Low Income Medicare Beneficiaries)

Assistance with Medicare Part B premium only for low income Medicare beneficiaries.
(See addresses/phone #s listed above.)

Social Security Administration

Social Security Administration, 4300 Cutler NE **1-800-772-1213** (Toll Free)
Open 9 a.m. – 4 p.m.. **www.socialsecurity.gov**

Disability Benefits

Benefits determined by past earnings for permanently disabled persons who have worked 5 of the last 10 years prior to becoming disabled.

Retirement (age 62-67) Dependent, Survivor's Benefits.

Benefits determined by earnings & averaged over most of a worker's lifetime.

Supplemental Security Income (SSI)

Supplemental financial assistance for persons who are blind, disabled or 65 years old or older and whose income and certain assets are below the SSI eligibility amount. Recipients automatically qualify for Medicaid.

V.A. Administration and Benefits/Services

Mayor's Office of Veterans' Affairs, City of Albuquerque, One Civic Plaza NW . . **(505)768-3011**

Offers a resource center for many different kinds of services for all veterans in Albuquerque. Help is provided for veterans' families and survivors in achieving the quality of life deserved after their service for our country. Assists in referring veterans and family members to the most appropriate resources that can address needs such as immediate counseling after serving on a combat deployment; assistance with a disability claim; finding health care; locating employment; education support; or meeting housing concerns. Additional information is available at <http://www.cabq.gov/mayors-office-of-veterans-affairs/>.

V.A. Regional Office, 500 Gold SW **1-800-827-1000 ext 10**

Provides information on eligibility and benefits available to veterans, **www.va.gov**
widows and dependents. Covers compensation, pension, death benefits, educational benefits, Aid and Attendance, burial benefits, guardianship information, & specialized veteran organizations.

Social Work Services, VA Medical Center, 1501 San Pedro Drive SE **265-1711**

Provides treatment and coverage of social services to veterans.

Utility Assistance Programs

Good Neighbor Fund (Electric only) **247-0733**

The Storehouse, 106 Broadway SE. Funding available year round. Assistance provided only once per calendar year. Open Tuesday through Friday, 12:30 - 3:30p.m. for funding.

Heat New Mexico Fund (Gas only) **872-1171**

Salvation Army, 4301 Bryn Mawr Dr. NE. Funding available starting January 2nd until March 31st or when funding runs out. Open Monday through Thursday, 8:30 - 11a.m. and 1 - 3p.m. for funding.

Low Income Home Energy Assistance Program (LIHEAP) **222-9160**

Assists income-eligible households by giving a one time payment toward energy bills. October through August 31. Applications taken at local Income Support Division (ISD) offices:

Northeast: 4330 Cutler NE **222-9600**

for residents east of San Mateo & north of Central

Northwest: 1041 Lamberton Place NE **841-7700**

for residents west of San Mateo & north of Central

Southeast: 1711 Randolph Rd SE **383-2600**

for residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge SW **841-2300**

for residents west of the river & south of I-40, including Isleta Pueblo

Low Income Telephone Assistance Program (LITAP) – Qwest or LIHEAP . . **1-800-244-1111**

A link-up service that provides a discount on telephone service to Medicaid, Qualified Medicare Beneficiaries (QMB) & LIHEAP recipients. Required documentation: Medicaid card or LIHEAP certificate.

Silver Horizons **884-3881 ext 1**

Provides electric, gas and propane utility assistance for low income seniors (60 and over) who live in Bernalillo County. The applicant must have a disconnect notice or a bill that is 30 or more days past due. Call to find out the date, time and location of our next Senior Assistance Fair.

Low-Income Water Credit Program – El Paisano **615-0663**

Small discount possible for Bernalillo County homeowners who meet income guidelines.

Monday through Friday – 9 a.m. – 12 p.m. or 1 p.m. – 3 p.m.

For other available resources, call **DSA Senior Information** **764-6400**

CONSUMER AND LEGAL ASSISTANCE

Advance Directives: Packet containing **NM Power of Attorney for Health Care and Instructions for Health Care and End-of-Life Decisions, and Cremation Authorization.**

Available at the Department of Senior Affairs' Senior Information office (764-6400) and at monthly Advance Directives workshops provided by the Senior Citizens' Law Office at North Valley Senior Center (761-4025). Financial power of attorney forms also available at these workshops.

Albuquerque Bar Association

Lawyer Referral Service **243-2615**

\$35/30 min. consultation with an attorney. No walk-ins accepted.

Legal FACS **256-0417**

Free legal aid for income-eligible individuals or families, depending on service priorities.

Albuquerque Code Enforcement Zoning Inspector, Rosanna Trujillo **924-3832**

Attorney General's Office

Consumer Protection Division **222-9000, 222-9100 or 1-800-678-1508**

..... **www.nmag.gov**

Santa Fe **1-800-678-1508**

Assistance with consumer complaints **www.ago.state.nm.us**

Better Business Bureau of Southwest **346-0110 or 1-800-873-2224**

Provides information on local companies and charities; **www.bbbsw.org**

mediates consumer complaints. Covers all of NM and SW Colorado.

Bridge to Justice Program **797-6066 or**

\$30/30 minutes with an attorney **1-800-876-6227**

Certificates

Certified copies of certificates of births occurring in New Mexico. \$10 fee. Valid government-issued photo ID required. Information on how to get out-of-state birth certificates. Death Certificates not issued in Albuquerque, however, available through NM Vital Records in Santa Fe.*

Vital Records, Albuquerque **841-4100**

Birth Certificates **841-4185**

Death Certificates **1-866-534-0051**

***New Mexico Vital Records & Health Statistics**, Santa Fe **1-505-827-0121**

..... **www.vitalchek.com**

Guardianship Solutions **323-3911 or 1-800-311-2229**

Guardianship, Healthcare Case Management and court visitor services.

Office of Guardianship **1-800-311-2229**

Provides guardianship services to income & resource eligible adults.

Division of Insurance, N.M. Public Regulation Commission,

Santa Fe **1-800-947-4722 or 505-827-4601**

Investigates complaints regarding all types of insurance **www.nmprc.state.nm.us**

Investment Fraud, Securities Division, 2550 Cerrillos Rd, Santa Fe, NM **1-800-704-5533**

PO Box 25101, 87504-5101 **1-505-476-4580** (Legal Help-Line)

Law Access New Mexico

Attorneys answer questions for low-income New Mexicans **1-800-340-9771** (Statewide)

with civil legal problems. Weekdays Monday thru Friday.

Money Management International/CCCS 24 hr Service **1-888-845-5669**

Helps people help themselves solve financial problems **www.moneymanagement.org**

through counseling, debt management and education.

New Mexico Long Term Care Ombudsman Bureau **1-800-432-2080**
 Advocacy for the recognition, respect and enforcement of the civil **222-4500 in Albuquerque**
 and human rights of residents of long term care facilities in New Mexico.
New Mexico Regulation and Licensing Department **www.rld.state.nm.us/securities**
New Mexico Legal Aid (Medicaid, FS, GA, TANF, unemployment) **243-7871**
 Provides assistance with legal and denial of benefits issues to income-eligible clients in Bernalillo County.

Public & Legal Services Dept.

Lawyers Care – 30 min./\$30.00 consultation w/attorney. **797-6066**

Lawyer Referral for the Elderly (LREP) **797-6005 or 1-800-876-6227**

Senior Citizens' Law Office **265-2300**

Free legal services for Bernalillo, Valencia, Torrance, & Sandoval **www.sclonm.org**

Residents of above counties age 60+. Civil cases only. No personal injury or divorce cases. Wills, simple probate and related matters on a reduced fee basis. Advance Directives workshops and legal and consumer workshops at various senior centers. SCLO will represent seniors w/legal problems in the area of consumer law, health law disability, abuse, & housing.

State Bar of New Mexico **www.nmbar.org**

UNM Law Clinic **277-5265**

Voter Registration, Bernalillo County **768-1291**

DISABILITIES PROGRAMS

Community Outreach Program for the Deaf (COPD) **255-7626**

Advocacy, vocational, rehab and interpreting services. **Fax 255-8029**

Curb-Side Residential Trash Collection, City of Albuquerque Solid Waste Dept ... **761-8100 or 311**

Requires a doctor's letter that can be faxed "Attention Residential." **761-8187 (FAX)**

Special arrangements for people with a disability or illness who need assistance getting garbage cart to curb.

Curb-Side Solid Waste Collection **761-8100**

Residential trash collection **761-8300 (FAX)**

DSA Home Retrofit Program, Department of Senior Affairs **764-6400**

Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income-eligible people of all ages living within city limits. Services to income-eligible county seniors aged 60+ as funding allows.

Adelante (Back in Use) **www.backinuse.com or 341-7171**

This program places medical/adaptive equipment into the hands of seniors and individuals with disabilities who cannot afford to pay for it. We accept equipment donations and give it to those in need free of charge.

Handicap License Plates and Placards

Refer to Transportation Section of this Quick Guide under ID Card/Motor Vehicle Division

or call DSA Senior Information **764-6400**

Free applications at State Motor Vehicle Division (MVD) Offices; small fee at private MVD offices.

Independent Living Resource Center **266-5022**

Independent living services either free or for a fee for people **1-800-260-5022 (Voice & TTY)**

with disabilities in their own homes. **266-5150 (FAX)**

Center for Development and Disability Information Network **1-800-552-8195**

Information & referrals to appropriate programs for New Mexicans who have disabilities. . (505) 272-8549

New Mexico Commission for the Blind **841-8844 or 1-888-513-7958**

Technology services, Business Enterprise Program, **www.state.nm.us/cftb**

Employment Development Center, Newsline for the Blind, vocational rehabilitation

counseling, and older blind program/independent living, Orientation Center in Alamogordo.

New Mexico Commission for Deaf **1-800-489-8536 (Voice/TTY)**

& Hard of Hearing Persons - 8am - 5pm **881-8824**

Lending library, workshops, communication access assistance, equipment **www.nmcdhh.org**

loan bank & advocacy services.

New Mexico Technology Assistance Program **1-800-866-2253**
 435 St. Michael's Dr Bldg D, Santa Fe **www.nmtap.com**
Relay New Mexico **292-0454** or **1-800-659-1779**
 Free telephone service for deaf, hard of hearing, and speech impaired persons ... **www.relaynm.org**
 Telephone equipment available to New Mexico residents free of charge through the Commission for Deaf
 and Hard of Hearing (CDHH) - see above listing.
Voice/TTY **1-800-659-8331**

EDUCATION

Defensive Driving Classes

Classes for persons aged 50+ which can entitle them to a discount on their auto insurance.
 Small fee for classes.

AAA Driver Improvement Program **291-6680**
 Classes on-line **291-6611**
 American Automobile Association, 10501 Montgomery Blvd. NE
 Monday - Friday 8:30am - 5pm and Saturday 9am - 1pm

AARP Driver Safety Program / Mature Driving 1931 Juan Tabo Blvd. NE, Suite J
 To register for a class, contact a local senior center. **For class information,**
call the AARP Information Center, Monday-Friday, 9 a.m. - 4 p.m. **830-3096**

Central New Mexico Community College (CNM) **Info Desk 224-3000**
 Offers occupational & trade classes, Arts & Science courses, **Enrollment 224-3160**
 a customized workforce training program. **www.tvi.edu**

G.E.D., Adult Basic Education, and English as a Second Language: Free **224-4282**

Emeritus Academy **For Registration and information 224-5506**
 Life long learning opportunities for students of all ages on many topics,
 ranging from basic art classes, computer literacy, and more. Fees are reasonable.

Department of Senior Affairs - DSA Senior Centers **764-6400**
 Offer a variety of classes including computer, language, literature/writing, art, dance,
 drama, and more for ages 50+. Call individual senior center for details.
 (See "Senior Centers" for telephone numbers.)

Life Long Learning for New Mexicans (LLL) **888-7370; Catalog 888-7370**
 Offers affordable daytime academic courses for adults aged 50+ **www.lifelonglearningnm.org**
 No membership fee. Small fee per class.

OASIS (Enriching the Lives of Mature Adults) **889-0927**
 Arts, humanities and health maintenance classes/field trips for persons aged 55+ ... **www.oasisnet.org**
 Membership & class fees. Volunteer opportunities. Intergenerational tutoring.

UNM Continuing Education **www.dce.unm.edu**
 Information and Registration **277-0563**
 10% discount for senior citizens aged 65+ for most classes.

EMPLOYMENT

New Mexico Work Force Connections **843-1900**
 501 Mountain Road NE—Testing and assessment, resumé assistance, **www.jobs.state.nm.us**
 employment counseling, assistance with job placement & training.
 Information on unemployment benefits, etc. **841-4000**

Title V Senior Employment Programs

Work experience programs to retrain low-income persons aged 55+ and assist them with job
 placement. Twenty hours per week at minimum wage.

Goodwill Industries Senior Community Service Employment Program **881-6401**
 5000 San Mateo NE

National Indian Council on Aging **292-2001**
 10501 Montgomery NE, #210 87111 **292-1922 (FAX)**
 **www.nicoa.org**

HEALTH CARE

Addiction Referral Programs

ALANON **262-2177**
Alcoholics Anonymous Information **266-3688** (Spanish); **266-1900** (English)
Gamblers Anonymous **260-7272**
Gamblers Hotline (New Mexico Council on Problem Gambling) **1-800-572-1142**
Narcotics Anonymous **260-9889**
Nicotine Anonymous **265-8113**
Overeaters Anonymous **891-2664**
Albuquerque Metropolitan Central Intake (AMCI) **272-9033**

Health Information Lines

Alzheimer's Helpline **266-4473** or **24-hour hotline 1-800-272-3900**
 Answers questions about Alzheimer's, dementia and aid programs; gives referrals to appropriate services.
Prescription Drug Information Line **1-800-432-2080**
 NM State Attorney General's Office compares prices **www.ago.state.nm.us**
 of randomly selected drugs at local pharmacies.

Health Programs – Senior

American Heart and Stroke Association **(505) 353-5800**
 Mission is to build healthy lives free of Cardio Vascular diseases and stroke.

GEHM Clinics – Geriatric Education and Health Maintenance – UNM College of Nursing
 Nurse-managed clinics provide a variety of health promotion services for persons 55 & over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more. Appointments required for fitness physicals. Donations accepted but not required. Clinics close between college semesters. All clinics held from 10 a.m. – 2 p.m. Call the following senior centers for clinic dates at their centers:

Barelas, 714 7th SW **764-6436**
Highland, 131 Monroe NE **256-2000**
Los Volcanes, 6500 Los Volcanes NW **836-8745**
Manzano Mesa Multigenerational Center, 501 Elizabeth SE **275-8731**
North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE **764-6475**
North Valley, 3825 4th NW **761-4025**

Jewish Family Service: RN Medication Management **291-1818**
 Limited complementary home visits by licensed RN to assist with medications and medical advocacy. Also available on fee for service basis.

Senior Health Center, University Hospital, **272-1754**
 1101 Medical Arts Avenue NE (Building 4, Suite A)
 Health care professionals evaluate and treat the special medical problems of people 65 and older.
 Monday through Friday, 7 a.m. - 5:00 p.m.

Health Programs – Other

Albuquerque Speech, Language and Hearing Center, **247-4224**
 9500 Montgomery NE, Suite 215, Dispenses a comprehensive range of hearing aids, speech and language evaluations and therapy, hearing tests and related services. A wide range of insurance accepted. Closed 12 – 1 p.m. Lunch.

Community Dental Services, Inc. (Medicaid accepted). Appointments required for general dentistry & dentures/partials/crowns. Early AM emergency clinic. Call first for details.

General dentistry at:

2116 Hinkle SE **843-7493** or **765-5683**
1231 Candelaria NW **345-8300** or **345-8309**
6900 Gonzales SW **836-5422** or **831-2534**

First Choice Community Health Care

For information regarding locations and medical/dental appointments, call . . . **831-2534** or **873-7400**
 Health care clinics. Fees based on income (bring proof of income). Medicare assignment and Medicaid accepted. Prescription discounts for income-eligible persons.

Stanford Public Health Office, 1111 Stanford NE **841-4100**
 Preventive health services. S.T.D. (Sexually Transmitted Disease) clinic. Issues birth certificates.

Prescription Drug Assistance Program

Information about free & discounted prescription drugs

MEDBANK—NM Aging & Long Term Services Dept **1-800-432-2080**

Mental Health Programs

Lovelace Medical Center, 601 Dr. Martin Luther King Jr. Blvd NE, 3rd Floor **727-8855**
 Inpatient treatment for people 50+ with mental health and behavioral disorders.

NAMI (National Alliance for the Mentally Ill), Albuquerque **256-0288**
 10 a.m. – 1 p.m.; Support, education and advocacy for those dealing with mental health issues.

UNM Psychiatric Center, 2600 Marble NE **272-2800**
 Inpatient, outpatient and emergency psychiatric care; specialized clinics.

Geriatric – Psychiatric Unit **272-2994**
 Short-term hospital treatment for persons over 55 suffering from emotional disturbances.

Psychiatric Emergency Crisis Unit **272-2920**
 A 24-hour service staffed by clinicians to respond to individuals with any type of psychiatric emergency.

Psychiatric Unit for Persons 55+.

Senior Outpatient Clinic – for persons aged 60+ **272-2174**

Information available about depression for persons aged 60+ **272-2800**

Senior Wellness Programs

Jewish Family Services: Mobile Wellness Program **291-1818**

Fee based offerings include: RN Medication Management, health clinics and educational presentations, case management, transportation, housekeeping/companions, Honey-Do Home Helpers (chores/moving assistance, etc.), tailored socialization activities, speakers bureau, community wellness development consultants, evidence based fitness programs and brain fitness program. Available on an individual or community-wide basis.

Lovelace Women's Hospital **727-6085**
 Community Health Education.

Manage Your Chronic Disease Program (MyCD) **880-2800**

Supports improvement in the physical and emotional health of adults with chronic diseases and/or their caregivers, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives. Workshops are two and one-half hours, once a week, for six weeks. Pre-registration required. Choice of class sites.

Presbyterian Senior Connection **823-8352**

A community membership program, for ages 60 and over, focusing on the special wellness needs of seniors. Provides health promotion, education and social opportunities. Reasonable one-time enrollment fee.

HOME SERVICES

American Red Cross Emergency Minor Home Repair **265-8514**

Minor repairs for occupant homeowners who live within the city limits. www.redcrossnewmexico.org and meet income eligibility requirements.

Department of Senior Affairs DSA Home Services Programs

**Contributions requested. No one will be denied services if he/she chooses not to contribute.*

DSA Home Chores* **764-6400**

Chore services such as seasonal light yard cleaning and installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.

DSA Home Retrofit* **764-6400**

Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows.

DSA Minor Home Repair* **764-6400**

Minor repairs for low income homeowner occupants over 60 within Bernalillo County. Non-licensed work only.

Home Rehabilitation:

Office of Neighborhood Revitalization **768-2860**

Bernalillo County Housing Dept., 1900 Bridge SW **314-0208**

Jewish Family Service Honey-Do Helpers **291-1818**

Light yard work, repairs, moving assistance and hauling for fees. Non-licensed work only.

Weatherization (Central New Mexico Housing Corporation) **345-4949**

703 Osuna Rd NE, Ste #2. Weatherization for low-income occupant homeowners within Bernalillo, Sandoval, Torrance, and Valencia counties and some pueblos. Assessment for energy conservation measures. Does not provide skirting for mobile homes.

HOUSING

Albuquerque Apartments www.apartmentguide.com

Search for information on affordable rental housing. Check with libraries & community centers about accessing their computers.

Department of Senior Affairs' Senior Information office **764-6400**

For information about retirement communities, subsidized/affordable housing, mobile home parks for adults, etc.

Housing Discrimination

Housing Discrimination Hotline, **1-800-669-9777**

U.S. Dept of Housing & Urban Development (HUD)

Albuquerque Human Rights Office, **924-3380**

Plaza Del Sol Bldg., 600 2nd St. NW, Suite 520

Landlord/Tenant Problems – New Mexico Legal Aid, 301 Gold SW 87102 **243-7871**

Public benefits, domestic violence victims only, landlord, and other civil legal matters for low-income persons.

Office of Neighborhood Coordination **924-3914**

..... www.cabq.gov/planning/nbrcood

Peak Management Inc., 2716 San Pedro NE, Ste. D 87110 **830-9808**

Listings of housing for seniors and the disabled. HUD assisted, 30% of income.

Rental Assistance and Public Housing Information

Albuquerque Housing Services, 1840 University Blvd. SE **764-3920**

Bernalillo County Housing Dept., 1900 Bridge SW **314-0208**

Reverse Home Equity Loan Information www.aarp.org/money/revmort

Government program allowing seniors to draw down money on their home equity.

For information visit AARP website.

IN-HOME CARE AND CAREGIVER RESOURCES

Abuse, Neglect and Exploitation

NM Aging and Long Term Services Department

Adult Protective Services (APS) Intake **1-866-451-2901**
Abuse Only **(505) 476-4912** (Out of State)

New Mexico Children, Youth and Families

Statewide Central Intake & Foster Future Hotline **841-6100**
Investigates allegation of **ABUSE, NEGLECT and/or EXPLOITATION** **www.state.nm.us/cyfd**
of individuals 18 years and older. Offers services to prevent or remedy above situations.

Care Coordination

DSA Care Coordination **764-6400**

Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services,
& on-going follow-up.

Jewish Family Service Case Management **291-1818**

(including Medical Case Management) Case Managers help assess client needs and link clients to services.
Nursing Case Management assists with medical advocacy, education, and medication management and
set-up. Also available on fee for service basis.

Homemaker Services

Homemaker Service, Area Agency on Aging

For eligibility assessment, call DSA Senior Information **764-6400**

Homemaker services for Bernalillo County seniors aged 60+ who need help with two or more activities of
daily living.

Adult Protective Services, New Mexico Children, Youth and Families Department. **1-866-654-3219**

Homemaker services to adult clients who cannot perform the essential activities of daily living.

Jewish Family Service Housekeeping/Companion Program. **291-1818**

Qualified staff provide in-home support services including companionship, housekeeping, running errands
and meal preparation. Sliding-fee available.

Respite Care

Adult Day Services (Licensed), Safe and pleasant places for frail elders aged 60+ and adults with
disabilities age 18+ to stay during the day. Prevent premature institutionalization, provide respite for
caregivers and provides social and recreational activities. Snacks, lunch and limited transportation to and
from site. Limited Area Agency on Aging Resources are available to support adult day care services for
people age 60+.

Cornucopia, 2002 Bridge Blvd. SW **877-1310**

Share Your Care **www.shareyourcare.org** **298-1700**

Barelas, 714 Seventh SW **764-6445**

Bear Canyon, 4645 Pitt NE **291-6219**

Los Volcanes, 6500 Los Volcanes NW **836-8797**

North Valley, 3825 Fourth NW **761-4001**

Ponderosa, 5301 Ponderosa NE **881-8982**

Respite Care, Area Agency on Aging

For eligibility assessment, **call DSA Senior Information** **764-6400**

In-home care for frail elders whose caregivers need temporary relief.

Respite Voucher Program, Alzheimer's Association **266-4473** or **1-800-272-3900**

Financial assistance for caregivers of individuals with Alzheimer's/dementia.

Extensive Long-Term Care Programs (Nursing Home Alternatives)

Adult Protective Services (APS) – Intake **1-866-654-3219**
Investigates Allegations of abuse, neglect and/or exploitation of individuals 18 years and older.
Offers services to prevent or remedy above situations.

CoLTS

NM Aging & Long Term Services Dept **1-800-432-2080**
In-home support services for frail elderly and disabled persons who would otherwise be placed in a nursing home. Must be eligible for Institutional Medicaid. Call to get on the registry.

GAP Benefits Assistance Program **1-877-696-1470**
Governor's Commission on Disability – Access modifications, assistive devices **827-6328 (FAX)**
& short-term personal care for disabled individuals who are on the Disabled **www.nmgcd.org**
& Elderly Waiver central registry or receiving Personal Care Option services
but needing assistance with non-covered services, 8 a.m. – 5 p.m., Monday – Friday.

Home and Community Based Waiver Programs **1-800-432-2080**
Disabled and elderly, developmentally disabled, HIV-Aids, MI VIA, and medically fragile.

Medicaid Personal Care Option Info Line **1-800-432-2080**
Provides information about agencies who provide the Medicaid Personal Care Option (PCO) Service,
a program which pays attendants (not spouses) to care for persons aged 21+ who are receiving
Non-Institutional Medicaid and who would otherwise be placed in a nursing home.

Total Community Care (PACE), 904-A Las Lomas NE **924-2650**
Program of All-inclusive Care for the Elderly (PACE): Day health center including medical clinic, adult day
care, social services, rehabilitation, transportation, in-home services & inpatient care (when needed) for
seniors aged 55+ who live in Bernalillo County or within 30 minutes travel from center. Free for Medicare
& Medicaid recipients. Private pay accepted.

Caregiver and Other Services

Alzheimer's Helpline **266-4473** or **1-800-272-3900**

The Care for Caregiver Program, Area Agency on Aging **842-8206**
Free individual & group peer counseling by senior volunteers with specialized training in caregiver issues
for family caregivers of any age who need support, services and resource information for themselves and
for the seniors aged 60+ they are caring for.

Department of Senior Affairs' Senior Information office **764-6400**
For information & literature about other support services, such as personal emergency response systems,
support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing
homes, hospices, homemaker agencies, & case management programs.

Long-Term Care Ombudsman Program **222-4500** or **1-866-842-9230**
Responds to complaints from or on behalf of residents of nursing homes **www.nmaging.state.nm.us**
and adult residential care homes (assisted living). Advocates for residents to resolve complaints.

N.M. Aging & Long Term Services Dept. Resource Center **1-800-432-2080**
Information and referral to programs or providers in the Long-Term Care System (services for consumers who
have limitations in their ability to perform activities of daily living due to physical and/or cognitive impairment).

Savvy Caregiver, Alzheimer's Association **266-4473**
A classroom style 12 hour program which enables persons caring for an individual with Alzheimer's to develop a sense of
control with practical tools and skills for caregiving. Provides education about Alzheimer's and related dementias. A savvy
and informed approach to effective caregiving. Also available through the Veteran's Savvy Caregivers Program.

STAR-C program, Department of Senior Affairs **266-4473**
An 8 week in-home, educational support program for caregivers of individuals with Alzheimer's and related
dementias. STAR-C provides education about dementia, communication skills and strategies to help identify
and reduce troublesome behaviors and increase pleasant times together. Also available through the
Veteran's STAR-C Program.

NUTRITION RESOURCES

Department of Senior Affairs SA Senior Centers and Satellite Senior Centers

*Lunch contributions requested. No one will be denied services if he/she chooses not to contribute.

Breakfast and lunch for seniors aged 50+. Fee charged.

Bear Canyon Senior Center , 4645 Pitt NE, 87111	291-6211
Highland Senior Center , 131 Monroe NE, 87108	256-2000
Palo Duro Senior Center , 5221 Palo Duro NE, 87110	888-8102

Breakfast. Fee charged. Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation.

Barelas Senior Center , 714 Seventh SW, 87102	764-6436
Los Volcanes Senior Center , 6500 Los Volcanes NW, 87121	836-8745
Manzano Mesa Multigenerational Center , 501 Elizabeth SE, 87123	275-8731
North Domingo Baca Multigenerational Center , 7521 Carmel Ave. NE 87113 ..	764-6475
North Valley Senior Center , 3825 Fourth NW, 87107	761-4025

Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation. Activities and socialization opportunities. Transportation provided for neighborhood participants at some sites. Monday through Friday, 9 a.m. – 2 p.m.

Alameda Satellite Senior Center , 9800 Fourth NW, 87114	897-8896
Armijo Satellite Senior Center , 1714 Centro Familiar SW, 87105	873-0047
Embudo Towers , 8010 Constitution NE, 87110	764-1621
Encino Gardens , 412 Alvarado SE, 87108	266-7736
Encino Terrace , 609 Encino Place NE, 87102	247-4185
La Amistad Satellite Senior Center , 415 Fruit NE, 87102	848-1395
La Mesa/Cesar Chavez Community Center , 7505 Kathryn SE, 87108	256-2680
Los Duranes Community Center , 2920 Leopoldo NW, 87104	848-1338
Pajarito Satellite Senior Center , 6080 Isleta Blvd SW, 87105	873-6617
Paradise Hills Satellite Senior Center	314-0246
5901 Paradise Blvd NW 87114	
Princess Jeanne Satellite Senior Center , 11401 Indian School Rd. NE 87112	291-6298
Rio Bravo Satellite Senior Center , 3910 Isleta Blvd. SW, 87105	873-6647
Shalom House , 5500 Wyoming NE, 87109	291-1818
South Valley Multi-Purpose Center , 2008 Larrazolo Rd. SW, 87105	468-7341
Taylor Ranch Community Center , 4900 Kachina Street NW, 87120	768-6006
Thomas Bell Community Center , 3001 University SE, 87106	848-1333
Tijeras Senior Center , 9 Tijeras Ave., Tijeras, 87059	286-4220
Wainwright Manor , 5601 Gibson SE, 87108	266-5503
Whispering Pines Satellite Senior Center , #6 Lark Road, Tijeras, 87059	281-8003

Home-Delivered Meals

Albuquerque Meals-On-Wheels **823-8060**
 Home-delivered meals and daily social contact for the elderly, homebound, convalescing, and disabled.
 Special diets available and special rates may be available. No age restrictions. Mon. thru Fri., 9am - 2pm.

DSA Home-Delivered Meals, Department of Senior Affairs

Eligibility assessment **764-6400**
 Meal delivery information **848-1399**
 Home-delivered meals for frail homebound elderly 60+ who cannot cook for themselves and have no one available to cook for them. Heart-healthy meals. Limited frozen weekend meals. Contributions requested.
 No one will be denied services if he/she chooses not to contribute.

Other Food Sources

Commodities

Call for locations: **Roadrunner Food Bank** **247-2052 ext. 125**
 TEFAP (The Emergency Food Assistance Program) emergency food boxes for low-income persons distributed at various food pantries **www.rrfb.org**

EBT Card/SNAP, formally Food Stamps, Income Support Division, N.M. Human Services Department
 Eligibility information at nearest area Income Support Office:

Northeast: 4330 Cutler NE **222-9600**
 for residents east of San Mateo & north of Central

Northwest: 1041 Lamberton Place NE **841-7700**
 for residents west of San Mateo & north of Central

Southeast: 1711 Randolph SE **383-2600**
 for residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge SW **841-2300**
 for residents west of the river & south of I-40, including Isleta Pueblo

ECHO Inc. CSFP, 300 Menaul Blvd. NW, Suite 226 **242-6777**
 Box of food each month if income and age eligible. Need proof of income, proof of residency, birth certificate for children 6 years old and younger, and picture ID.

Jewish Family Services Food Pantry, 5520 Wyoming Blvd. NE, Ste 200 **291-1818**
 Non-perishable and frozen food for seniors, families with children and the disabled. Through the HANDS Program - home-delivered food boxes for clients of the JFS Case Management Program.

Salvation Army Emergency Food Project, 4301 Bryn Mawr NE **872-1171**
 Groceries for persons who are in need. Require proof of residency and income plus a picture ID.
 ID also needed for other household members.

The Storehouse, 106 Broadway SE **842-6491**
 Emergency food boxes and clothing for low-income, unemployed or homeless persons. A monthly food box program for elderly and disabled homebound persons. Require New Mexico photo ID and birth certificate for children. Hours are 9:00 a.m. to 10:30 a.m. Tuesday to Friday. Saturdays 9:00 a.m. to 10:30 a.m.
 (Food only.)

PHYSICAL FITNESS

Department of Senior Affairs – DSA Senior Sports & Fitness	880-2800
DSA Senior Exercise Program: Exercise to Music (low impact aerobics), Stretch & Tone, Stability Balls, and Gentle Exercise classes at all 7 Centers and many satellite centers.	
DSA Adapted Aquatics: Centers Transport to exercise classes for individuals with arthritis and/or limited mobility in a warm water therapy pool.	
DSA Winter Sports Program: Lessons & day trips in snowshoeing, downhill & cross country skiing, & overnight ski trips to Colorado.	
DSA Winter Sports Competitions: Downhill & cross country skiing, snowboarding, snowshoeing, snowball throwing for accuracy & distance, team ice hockey, & ice skating.	
DSA Albuquerque 50+ Olympics: Competitions in 26 sports and 100+ events (each spring) for Albuquerque / Bernalillo County residents aged 50+. Winners advance to both State and National Senior Olympics. Year round practices, leagues, & workshops also offered.	
DSA Weight Training / Fitness Facilities: State-of-the-art exercise equipment to assist seniors to improve strength & maintain a healthy lifestyle. Prior to use, participants are advised to attend an orientation.	
Los Volcanes 50+ Sports & Fitness Center	839-3710
6500 Los Volcanes Rd., NW, Suite B.	
Manzano Mesa Multigenerational Fitness Room	275-8731
501 Elizabeth SE, 87123. Open to those aged 18+.	
North Domingo Baca Multigenerational Fitness Room	764-6494
7521 Carmel Ave. NE, 87113. Open to those aged 18+.	
North Valley Fitness Room, 3825 Fourth Street NW, 87107	761-4025
Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, 87110	880-2800
JCC Pro Fitness Center, Jewish Community Center, 5520 Wyoming NE	332-0565
State-of-the-art fitness facility with complete cardiovascular line, resistance & stretching area, indoor track, & physical therapy. Registration & monthly fees.	
Jewish Family Service	291-1818
Evidence based fitness programs provided by nationally certified instructors for "Chronic Disease Self Management" programming, "Matter of Balance" (fall prevention), and "Enhance Fitness" senior exercise classes.	
Mall Walkers	
Coronado Mall, 6600 Menaul NE. Monday – Saturday, 6 a.m. – 10 a.m.; Sunday starting at 9:30 am. Enter at entrance just west of Penny's truck court. Register at Coronado Mall Customer Service desk.	
Cottonwood Mall, 10000 Coors Blvd NW. Monday – Saturday, 7 a.m. – 9a.m.; Sunday 10 a.m. – 6 p.m. Any entrance.	
Winrock Mall, 2100 Louisiana NE. Mall walking daily at 6:30 am. Enter through any entrance. Join the free In Stride Mall Walkers program. Registration takes place the last Tuesday of the month from 8:30 a.m. – 10 a.m. in the food court.	
New Heart, Inc., 601 Lomas Blvd. NE	881-8195
Non-profit center for wellness, exercise and cardiac rehabilitation.	
Presbyterian Healthplex 6301 Forest Hills Dr. NE	823-8399
Presbyterian Healthplex is a senior-focused wellness & rehab facility. Expertly staff trained in disease management. Registration and monthly fees.	
Presbyterian Aquatics Therapy Program.	823-8350
Warm water therapy to reduce pain & increase range of motion & strength for individuals with arthritis & limited mobility. Classes are directed by instructors who guide participants through stretching, strengthening, & aerobics. \$35 for initial evaluation & then \$51 per month.	

Taylor Ranch Community Center, 4900 Kachina St. NW768-6006

Fitness facility on Albuquerque Westside. Treadmills, bikes, steppers, elliptical trainers & weight machines for a complete workout. Monday – Friday, 8:00 a.m. – 9:00 p.m.; Saturday 9:00 a.m. – 3:00 p.m.

YMCA Physically Challenged & Determined Wellness Program292-2298

Mountainside YMCA, 12500 Comanche NE. Wellness information, exercise techniques, & personal goal setting for people with physical challenges & seniors who have been sedentary most of their adult life. Annual YMCA membership fee plus cost of class punch card.

SENIOR CENTERS***City of Albuquerque/Bernalillo County Department of Senior Affairs***

Recreational activities, meals, educational opportunities, social services, health screenings and much, much more are provided for the 50+ population. Open 8:00 a.m. to 5:00 p.m., Monday through Friday; Saturday and evening hours vary at each site. Planet 50+ is a specially designed program for Baby Boomers still in the workforce with course offerings after 5 p.m. and on Saturdays; please call 764-6400 for a current schedule or visit us online: www.cabq.gov (Planet 50+). (See Nutritional Resources page for listing of City of Albuquerque Satellite Senior Centers.)

Barelas, 714 7th St. SW, 87102**764-6436**

Bear Canyon, 4645 Pitt NE, 87111**291-6211**

Highland, 131 Monroe NE, 87108**256-2000**

Los Volcanes, 6500 Los Volcanes NW, 87121**836-8745**

North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE, 87113**764-6475**

North Valley, 3825 4th NW, 87107**761-4025**

Palo Duro, 5221 Palo Duro NE, 87110**888-8102**

Manzano Mesa Multigenerational Center, 501 Elizabeth SE, 87123**275-8731**

"The Center for All Ages" provides recreational activities, meals, educational opportunities, social services, health screenings and much more for participants age 6 and over. Open 8:00 a.m. to 9:00 p.m. – Monday through Friday, 9:00 a.m. to 3:00 p.m. on Saturdays.

Other Centers

Albuquerque: Assistance League of Albuquerque, 5211 Lomas NE**265-0619**

Volunteer organization operates the Blue Portal Gift Shop (243-6005) and Bargain Box Thrift Store (265-0443). Call for more information.

Albuquerque: OASIS (Enriching the Lives of Mature Adults)**889-0927**

Located in Macy's (2nd floor) at Coronado Center, 6600 Menaul NE**www.oasisnet.org**

Open Monday–Friday, 10:00 a.m. – 3:00 p.m. Classes, lectures & fields trips emphasizing the arts, humanities & health maintenance for persons aged 55+.

Free membership; reasonable class fees. Volunteer opportunities.

Albuquerque: Taylor Ranch Community Center, 4900 Kachina St. NW**768-6006**

Belen: Belen Multi-Purpose Senior Citizens Center,**864-6739** or **864-2663**

715-A South Main**www.co.valencia.nm.us**

Belen: Del Rio Senior Citizens Center, 351 Rio Communities Blvd.**864-7500**

Bernalillo: Bernalillo Senior Citizens Center, 255-B Camino del Pueblo**867-9448**

Bosque Farms: Bosque Farms Community Center, 950 North Bosque Loop**869-5133**

Corrales: Corrales Senior Center, 4324-B Corrales Rd **897-3818**

Mailing address: P.O. Box 836, Corrales, NM 87048

Los Lunas: Los Lunas Senior Citizens Center, 315 Don Pasqual Rd. **839-3853**

Los Lunas: Meadow Lake Senior Citizens Center, 100 Cuerdo Lane **865-8824**

Rio Rancho: Meadowlark Senior Center, 4330 Meadowlark Lane SE, 87124 **891-5018**

For more information about other recreational opportunities and fun sports and fitness programs,
call the **Department of Senior Affairs – DSA Senior Information** **764-6400**

TRANSPORTATION

Catholic Charities **724-4659**

Transportation to medical appointments, grocery shopping, **www.ccasnm.org**
and business offices for seniors 60+. Services free but donations are welcome. Registration and 1 week
notice require. One ride per week.

City Transit **www.cabq.gov/transit**

ABQ Ride **243-7433**

\$1.00 for persons under 62. \$0.35 for persons over 62 with a government issued picture ID
or driver's license with date of birth. Fee for original card: \$2.00. Act Now discounted bus pass:
\$28.00. Regular/\$12.00 Seniors, .25 for transfers.

ABQ Mini-Ride/Sun Van

For applications call **724-3100**

For reservations call **243-7433**

For certified mobility impaired persons living within Albuquerque & most of Bernalillo County.
\$2.00 one way. Wheelchair capable.

Department of Senior Affairs – DSA Transportation Program **848-1355**

Medically-related or other transportation for persons age 60+. Wheelchair capable.

Rides scheduled on first call basis. Requests may be made the day before or up to one week prior to the
date that a ride is needed.

Seniors with special transportation needs: call DSA Senior Information **764-6400**

Contributions requested. No one will be denied services if he/she chooses not to contribute.

Go Fors, Inc. Too **332-1919**

Non-emergency medical and other accompanied transportation needs for seniors.

\$27.50 per hour plus .45 per mile. Service sign-up by phone.

ID Cards (for persons without drivers' licenses) can be purchased at:

Motor Vehicle Division (MVD) **www.state.nm.us/taxi/mvd**

Monday - Friday 8am - 4pm. State operated - No age limit. \$18.00 for 4-year card/\$34.00 8 year
card. Free for persons age 75+.

Bernalillo, 829 Camino del Pueblo, Bernalillo **867-5171**

Cottonwood Mall, 10000 Coors Bypass NW, #G-21 **890-5799**

Montgomery Plaza, 4575 San Mateo NE, Suite G-190 **875-0715**

Rio Bravo, 3211 Coors SW, D-10 **452-9239**

Rio Rancho, 4114 Sabana Grande Ave **891-5014**

Sandia Vista, 11500 Menaul NE, Suite F-1 \$10.00 4 year ID. \$18.00 8 year ID .. **292-4570**

Metro, 801 4th St NW, Suite M **764-6650**

Tijeras, #12 Camino Municipal, Tijeras **281-2250**

Medicaid Clients **1-888-725-3467**

Taxi rides to routine medical appointments for Medicaid clients who are **NOT** on *Salud!*.

Safe Ride Services **1-800-797-7433** (Statewide)

Non-emergency medical transportation. Need 24-hour notice. Free for some Medicaid recipients.
Fee for all others.

Jewish Family Services Senior Transportation Project **291-1818**

Door-to-door transportation to older adults living in Albuquerque (wheelchair accessible).

Medical appointments are priority. \$3 One way/\$5 Round trip. www.jfsnm.org

VOLUNTEER PROGRAMS

Department of Senior Affairs – DSA Volunteer Programs

DSA Senior Companion Program **764-1612**

Volunteer opportunities for seniors (aged 55 and over) to work with homebound elderly; stipend available for those that qualify.

DSA Foster Grandparent Program **764-6412**

Volunteer opportunities for seniors (aged 60 and over) to work with special needs children; stipend available for those that qualify.

DSA (RSVP) **764-1616**

Recruits and facilitates the placement of volunteers aged 55 and over in public and non-profit organizations to meet community needs.

MOST FREQUENTLY CALLED TELEPHONE NUMBERS

311 (City of Albuquerque Citizens Contact City-Wide Information Center)	311
City of Albuquerque Department of Senior Affairs	764-6400
911 (Emergency)	911
Albuquerque Ambulance (24/7)	761-8200
Animal Control	311
Animal Humane Association	255-5523
Fire Department (City of Albuquerque Fire/Rescue)	833-7397
(County Fire Department/Rescue)	798-7000
Poison Control (New Mexico Poison/Drug Information)	1-800-222-1222
Police Department (Albuquerque Police Department)	242-2677/242-COPS
Road Services (New Mexico Highway and Transportation Department)	841-2700
Sheriff's Department (Bernalillo County Sheriff's Department)	798-7000
Solid Waste Management Department	
(Garbage/Trash Pick-up Information)	761-8100
(Residential Large Item Pick-up)	761-8100
Utilities	
(PNM – Public Service Company of New Mexico)	246-5700
(New Mexico Gas Company)	1-888-664-2726
Water Utility Authority Albuquerque Bernalillo County (Billing Inquiries)	842-9287
(Emergencies After Hours)	857-8250

2012

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**714 Seventh Street, SW
Albuquerque, NM 87102**



What do I want in a
Medicare Advantage Plan?

Affordable co-payments, discount
dental plan, a hearing aid benefit
and routine vision benefits.

Lovelace Medicare Plan gives you access to
more hospitals, healthcare centers and caring doctors
and specialists than any other plan, with a few additional
pluses – no deductibles, low co-payments and the Silver
Sneakers program that provides a gym membership.
Visit us at lovelacemedicareplan.com.

For more information, call

800.262.3757

or TTY 711. 8am - 8pm, 7 days a week

Lovelace
Medicare Plan
HMO | HMO-POS

Medicare Advantage Plan with a Medicare Contract.